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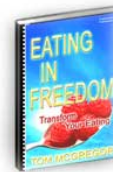
A fantastic library of health, nutrition, diet and healthy cooking ebooks.

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The only book you will ever need on food addiction!



Written by a former overeater who once ate an entire gallon of ice cream in one sitting and almost froze his stomach.

Wouldn't you love to feel super healthy? Imagine your body bursting with vitality, every cell fed with nutrient-rich food.

Here in the 21st century are florescent-lit aisles of cans, boxes and bags, set out by a corrupt food industry, a provider driven by greed for money, ruthlessly using addiction for profit. Fat, sugar, salt and additives are the tools of the trade. Bodies riddled with cancer and heart disease are of minor concern.

Once addicted, it's hard to say "no." The body craves foods that are harmful. Try to improve your diet, and cravings pop up everywhere.

Some people fight battles with guns and tanks, others use spoons and kitchen utensils.

I remember the Battle of the Bulge. The *Ponderosa Salad Bar* suffered a six-plate defeat.

I remember a war with a chocolate Easter bunny. In the middle of the night, I bit its head off. I admit it. I was a food addict. My life was controlled by food. Moderation was never my strong point.

When it came to ice cream, one scoop was never enough. I once ate a two-and-a-half gallon tub of maple walnut ice cream. It almost froze my stomach. To make matters worse, it was my roommate's ice cream! I felt so badly afterwards that I put a 12-foot chain through the handles of the refrigerator and cupboards and told my roommate, "*here's the key to your food.*" He wasn't impressed.

The more I tried *not* to think about food, the more obsessed I became. I would stop eating cookies for three weeks, eat one cookie, and then relapse with a cookie binge. No cookie was safe from me. In minutes, a bag would be reduced to crumbs.

If it wasn't cookies, it was chocolate. I became a chocoholic with a \$28-a-day habit. I could drive only short distances, as I would have to stop every 15 minutes for a chocolate fix. Mornings were hell. There is nothing worse than a cocoa bean hangover.

After hating myself for being so weak, I'd make a decision to stop, only to take another beating from Mr. Big. I couldn't win a battle with a peanut butter cup. In hand-to-mouth combat, I would come out a loser.

I needed discipline. So off to the gym I went, dragging a food-abused body through the paces. Little by little, discipline developed. I could even juice fast and my body was starting to feel much better, but in the area of diet, I was still battling with food. I felt out of control.



After years of trial and error, I have finally overcome overeating and in my book, *Eating in Freedom*, I reveal what I did that gave me ultimate control over what I ate!

I'm no longer a slave to food and today, I am healthy and full of energy and vitality. You can be, too!

Eating in Freedom
Table of Contents
By Tom McGregor

[Read free excerpts from the book here!](#)

1 FOOD WAR

A look at the modern Eden, fed by a corrupt food industry, profiting on emotional pain. How we become obsessive with food. A look at the distorted thinking that ruins self-discipline. How the subconscious affects our behavior.

2 HAUNTED BY THE PAST

How the past affects our self-image, thoughts and self-discipline. Facing fear as the doorway to freedom.

3 KILLER CRAVINGS

A scientific look at food addiction and how we form triggers and cravings. A study of the neurotransmitters that are the force behind compulsive behaviors.

4 BUILDING DISCIPLINE

How to build self-discipline that will overcome compulsive, obsessive behavior. How to form life changing decisions.

5 THE CRAVINGS DEFENSE SYSTEM

A method of dealing with cravings and negative thoughts.

6 BRAIN BATTLEFIELD .

Learn how to fight cravings with self-encouragement.

7 BECOMING YOUR OWN CHEERLEADER.

A list of encouraging statements to fight fear, worry and build enthusiasm.

8 COMMERCIALS

The power of visualization and how our imagination can give us success over dieting. Includes relaxation and visualization techniques.

9 YUCK POWER

How revolting thoughts and images can stop obsessive thinking. A powerful, yet simple and easy-to-use technique.

10 THE DOPAMINE DIET PLAN

How we can use the pleasure of dopamine to form healthy behaviors and eat better.

11 FACING FAILURE

Overcoming the pain of failure. Rebuilding self-confidence and determination after blowing it on a diet. How to fight guilt and self-defeating thoughts. How to prepare for failure.

12 ESCAPING THE RUT

Inspirations to develop a challenging routine that will overcome the overeating rut. Simple methods to break the continuous cycle of overeating by using every-day activities.

13 QUIT DAY

Preparing the mind for quit day. Getting started checklist. Making a bad food hit list.

14 WHAT TO EAT

An explanation of the physical effects of eating more raw food and reducing calories including detoxification and the healing effect of raw foods.

15 HOW TO EAT

Ways to make eating healthy and more enjoyable so that it will become a natural part of your lifestyle.

16 THIRTY DAYS TO FREEDOM

30-days period of controlled eating with lots of raw fruits and vegetables to establish discipline eating. Raw food helps to rebalance the body and cleanse toxins, which assists the body recover mental and emotional balance.

17 RECIPES

Fun, easy-to make recipes.

BIBLIOGRAPHY

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FREE BONUS BOOK 1

THE NEGATIVE CALORIE FOOD LIST REPORT



Traditional diet plans for fantastic weight loss!

Need to lose weight quickly for an upcoming important event?

Pick the diet that's right for you! Choose from

The Cabbage Soup Diet

The Grapefruit Diet

Eat foods from the entire list of negative calorie foods

(The Negative Calorie Diet Plan is not included. Visit this [site](#) to download [Negative Calorie Diet Plans and Recipes](#).)

OR

Go on a 2-day juice fast diet with our 3 copycat versions of the Hollywood Miracle Diet Juice.

FREE BONUS BOOK 2

I Hate Counting Calories! Fruit Smoothies, Juices and Other Drinks!



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101 great drinks recipes for health and weight loss!



How to use the recipes:

[You can ...](#)

Substitute a meal a day with a healthy thick and frothy shake for quick and easy weight loss.

Replace some of your family's unhealthy snacks with homemade fruit juices and thick fruity shakes.

Freeze the shakes and smoothies for quick snacks on busy days.

Increase the vitamins, minerals, vital nutrients and enzymes that your body needs daily.

Go on a 1 to 5 day modified detox diet (in which you include plenty of fresh whole fruit, a little olive oil, yogurt and/or high-quality protein powder).

Special note: Some recipes require a juicer.

FREE BONUS BOOK 3

HEALTHY LIVING FOR A BUSY FAMILY



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How to feed your family extra nutrition -- many delicious recipes!

Super healthy recipes:

Vegetables, fruits, grains, meats, and desserts

Homemade beauty recipes

Secret ways to hide nutrition in foods kids love

Natural cleaning products you can make at home

Great ideas for saving time in the kitchen

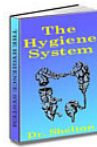
Schedules and templates for your family

And more ...

FREE BONUS BOOK 4

THE HYGIENE SYSTEM

A classic nutrition book written by Dr. Shelton



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In this 577 page classic nutritional book,
Dr. Shelton reveals

How to eat and enjoy your food
Your body's needs for protein, carbohydrates, vitamins and minerals
Organic foods
The nutrition in fruits, vegetables and nuts
The eliminating diet
Correct food combining
Nutrition for mothers
Enzymes and digestion
There are just too many topics to list here!

FREE BONUS BOOK 5

GUIDES FOR THE HOME



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You'll learn ...

How to be a smart flyer!
What to do if you're a crime victim!
8 things about telemarketing fraud!
Where to hide your valuables!
66 ways to save money!
And more!

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HOW TO REPORTS



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How To Avoid traffic accidents!
How To Protect yourself on city streets!
How To Make your own baby food!
How To Make your own pet food!
How To Protect Your Home From Intruders
How To Eat Free In Restaurants
And more!

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- Smoothies & shakes tips
- Fruit smoothie recipes
- Homemade beauty recipes
- Lose weight by juice fasting
- About the raw food healing diet
- Learn the difference between real hunger & appetite
- Weekly meal plan template

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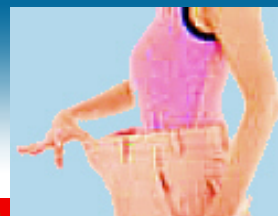


Negative Calorie Foods & Recipes eBook™

The Weight Loss Diet eBook

The Original Negative Calorie Foods eBook

New Year Resolution: To try negative calorie foods & diet to lose that extra fat to attain a slim & fit body. This will ensure a healthy, happy and long life.



Weight Loss with Negative Calorie Foods

All foods have some calories. No food is actually "negative calorie" food. But the overall effect of certain foods in our body is that of "negative calories". Negative calorie foods are foods, which *use more calories to digest than the calories the foods actually contain!* Calories from these foods are much harder for the body to breakdown and process. In other words, **the body has to work harder in order to extract calories from these foods.** *This gives these foods a tremendous natural fat-burning advantage, and are also known as fat burning foods.*

A piece of dessert consisting of 400 calories may require only 150 calories to be digested by our body, resulting in a net gain of 250 calories which is added to our body fat! According to this theory, for example, if you eat 100 calories of a food that requires 150 calories to digest, then you've burnt an additional 50 calories simply by eating that food. Typically, **a 25 calorie piece of broccoli (100 gram) requires 80 calories to digest, resulting in a net loss of 55 calories from the body fat!!** Thus, the more you eat, the more you lose weight!!!

There are a wide variety of these negative calorie fat-burners in existence. In fact, there are a large number of foods that combine low calories, delicious taste, and excellent negative calorie properties. For reducing weight and to fight obesity, you should not starve anymore. You can eat a lot of negative calorie foods to lose that extra fat and to become slim naturally. Some of these **natural foods** are asparagus, apple, beet, berries, broccoli, cabbage, carrot, cauliflower, celery, chili, cucumber, garlic, lettuce, grapefruit, lemon, mango, onion, orange, papaya, pineapple, spinach, turnip, zucchini, etc. The list of negative calorie foods contains about 100 foods.

The Weight Loss eBook: **Negative Calorie Foods & Recipes eBook™** [see below] gives a list of these negative calorie foods with their pictures, and shows how to incorporate these foods into your daily diet. **It gives you Three Diet Programs along with over 150 recipes of a wide variety of desserts, muffins, ice creams, soups, salads, vegetables, pickles, sauces, etc. consisting of negative calorie food ingredients.**

The delicious, mouth-watering, and nutrition-packed recipes with natural negative calorie food ingredients in right combination & simple exercise will allow you to rejuvenate your metabolism, supercharging its ability to burn off fat. You will be surprised how your metabolism and figure will improve.

I recently purchased your product (negative calorie foods eBook)... the content is excellent and I am very pleased....

Dr. Brown, Charles V., Jr., MD, LA

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Boost Your Metabolism & Convert Your Body into a Fat Burning Machine!

The Weight Loss Diet eBook Negative Calorie Foods & Recipes eBook™

Negative Calorie Foods, Eat To Lose Weight!

Weight Loss Secrets Revealed!

Restore Your Ideal Weight & Maintain It!

Finally a Program that WORKS & will Drop Your Weight, Naturally!



Download eBook

My husband and I started your negative diet 4 days ago... I lost 7 lbs as of this morning. My husband lost 7 lbs as of yesterday. This diet is great. Thanks.
Stephanne 10 Aug 2004

I started this negative calorie diet program on Saturday. This is my day 5. Last night I weighed myself, and I had lost 4 1/2 pounds already! GREAT!!!**Kim**

- Three Diet Plans.
- Eat as much as you want.
- No more starving & cravings.
- Watch the fat disappear naturally.
- Eat these natural foods & lose weight.
- Delicious, mouth-watering & tasty foods.
- Pictures & nutrition values of negative calorie foods.

... has all the information required for a person to lose weight, with some useful calculators. After being fat and depressed for so long, this has really boosted my confidence and I have lost 12lbs in one week! Thank you, I recommend it to all my friends using all of my websites.**UR**

Did You Know?

- Over weight people are more likely to have hypertension, arthritis, stroke, high blood cholesterol levels, diabetes and some kinds of cancer.
- The slower the metabolic rate, the greater the weight gains. Fortunately there are metabolism booster foods. *Your metabolism can be speeded up so that your body will burn fat even while sleeping!* You will find a list of natural foods in the eBook to boost up your metabolism and to turn your body into a Fat Burning Machine!
- If your thyroid is underactive, you can gain weight. The eBook will tell you a **simple home-test** to find if you have an underactive thyroid. Know the foods that are helpful in thyroid disorder.
- The **cravings** you get can be managed and controlled. The eBook will tell you how to control cravings?
- Your muscles are responsible for over 25% of your calorie use, **burning calories even while at rest**. The eBook will tell you how to train your body at home with simple exercises to boost up your metabolism. No equipment are needed to shape you up.

The eBook Features

- In our weight loss Programs, you can eat good tasting nutritious snacks,

eBook Features

- ✓ Chapters : 14
- ✓ Sections : 42
- ✓ Tables: 20
- ✓ Recipes: 150
- ✓ Diet Plans: 3
- ✓ Pictures of negative calorie foods
- ✓ Illustrated

I want to say how pleased I am with the negative calorie ebook I downloaded....Thank you.**PMCSJ**

Thanks for the excellent negative calorie recipes.... all mouth-watering and reducing calories at the same time....**Madura**

entrees, desserts, pickles, soups, salads, sauces, etc. with "negative calorie" ingredients without worrying about calories! **It is really true, eat to lose weight!** The 150 recipes given in the eBook use ingredients that can be found in your local grocery store!

These healthy recipes are not only for overweight and obese people, they are also safe and healthy for children and old ones as well. You can include them in your daily meals for all of your family members.

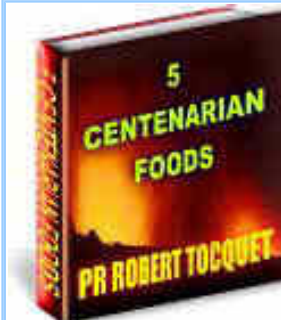
- You have **a choice of 3 weight loss diet plans (fast or gradual weight loss plans)** with negative calorie foods. The users have found this very useful as they can always have variety in food choice and selection. Also if a particular diet doesn't work for you, you have the option to try another one.
- The Weight Loss eBook: Negative Calorie Foods & Recipes eBook™ gives details on right foods and right exercise to speed up your metabolism that will transform your body to a fat burning machine! *You can use any or all of the diet plans as and when you wish to restore your ideal weight.* You will lose your weight fast, safely, and permanently!! As a bonus, it will also keep your cholesterol level and blood pressure healthy!!
- The eBook also gives a list of free resources on the Internet, if you ever need it.

How much would you pay for this information?

This eBook is priced only at \$18.95. [Currency Convector.](#)

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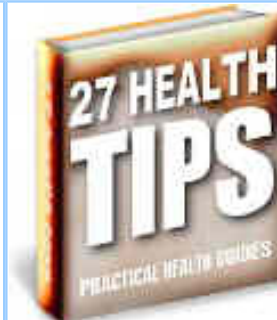
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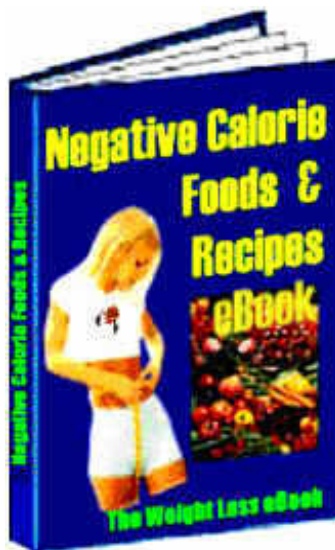
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